

***Safe workplaces and safe work practices are the best guarantee against injuries, but Personal Protective Equipment (PPE) for the feet gives an added measure of protection.***

## *Safety Footwear Keeps Toes Intact*

Safety footwear is required on many jobs.

Falling objects are just one of the many dangers present in the workplace. Feet can also be crushed by rolling objects. Puncture wounds and cuts can be caused by stepping on sharp objects. Chemical spills, hot and cold temperatures and electrical shock are among other hazards. Even materials which can spread infections can be a threat to foot safety.

Safe workplaces and safe work practices are the best guarantee against injuries. But Personal Protective Equipment (PPE) for the feet gives an added measure of protection.

The best known type of safety footwear is the standard safety boot. It has reinforcement in the toe, traditionally made of steel, to protect against injuries caused by compression, impact and sharp objects. The sole is also reinforced to prevent puncture injuries. The high top protects the ankle from impact, cuts and twisting types of injuries. These boots may be insulated against temperature extremes. Soles may be made of materials to grip walking surfaces, and other features may be available to protect against specific hazards.

Other types of safety footwear are available to protect against a variety of hazards. Some are made to protect against electric shock. Others are conductive, to prevent the build-up of static electricity which can spark an explosion. Special insulation protects

against temperature extremes, such as wooden-soled shoes for walking on hot surfaces. Some special types of PPE protect the ankles and shins. Others are designed for quick-release so you can pull off a boot if a spark or molten material enters it. Certain types of footwear are made to keep the feet safe from infection.

Some standard excuses for not wearing safety shoes are these: They are too heavy, too ugly, too hot, too cold, too expensive or too uncomfortable. But safety footwear is getting easier to live with all the time. New materials are lighter. Safety shoes are available now in a variety of styles, ranging from the classic safety boots to athletic-type shoes, men's and women's dress shoes and western boots. Women's sizes, as well as the less common sizes, are becoming increasingly easy to find.

Like all forms of PPE, safety footwear doesn't do any good if you don't use it. Your safety supervisor can tell you what kind of foot protection you need and where to obtain it. Make an effort to get a good fit to ensure that you wear the shoes regularly. It is important that you maintain your safety shoes for maximum protection, checking for wear and defects which would affect its ability to protect you.

*The small amount of effort and the slight extra expense which safety footwear may involve is certainly worth the protection which it provides.*

# ... safety ...

# foot protection

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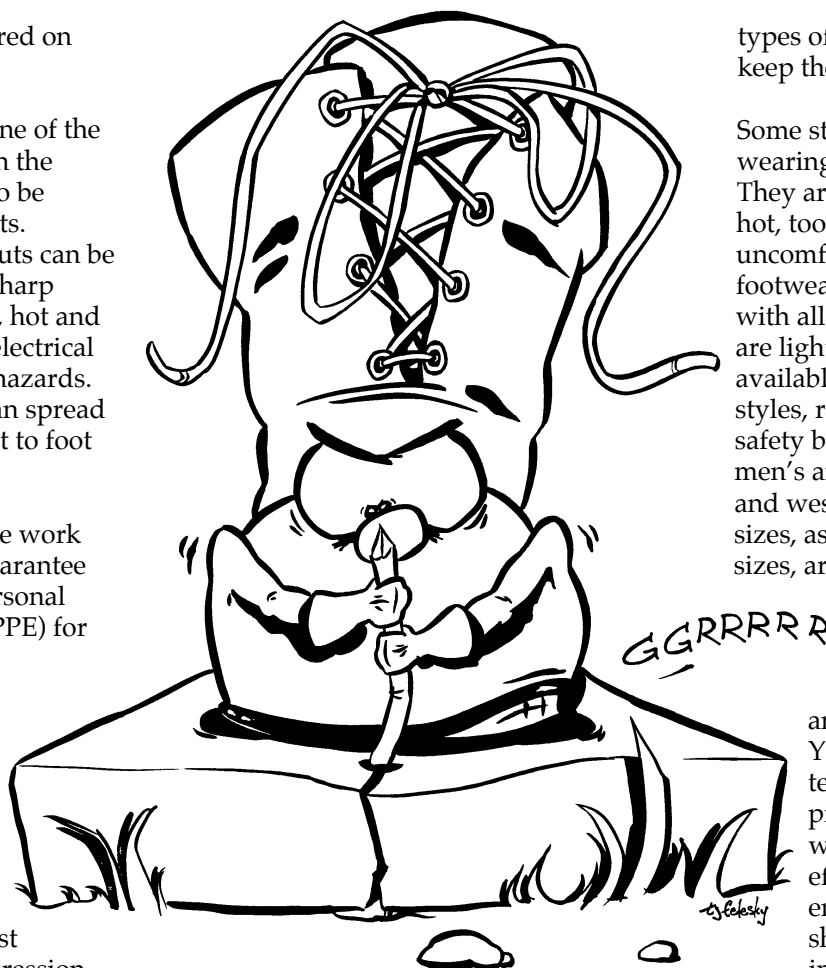
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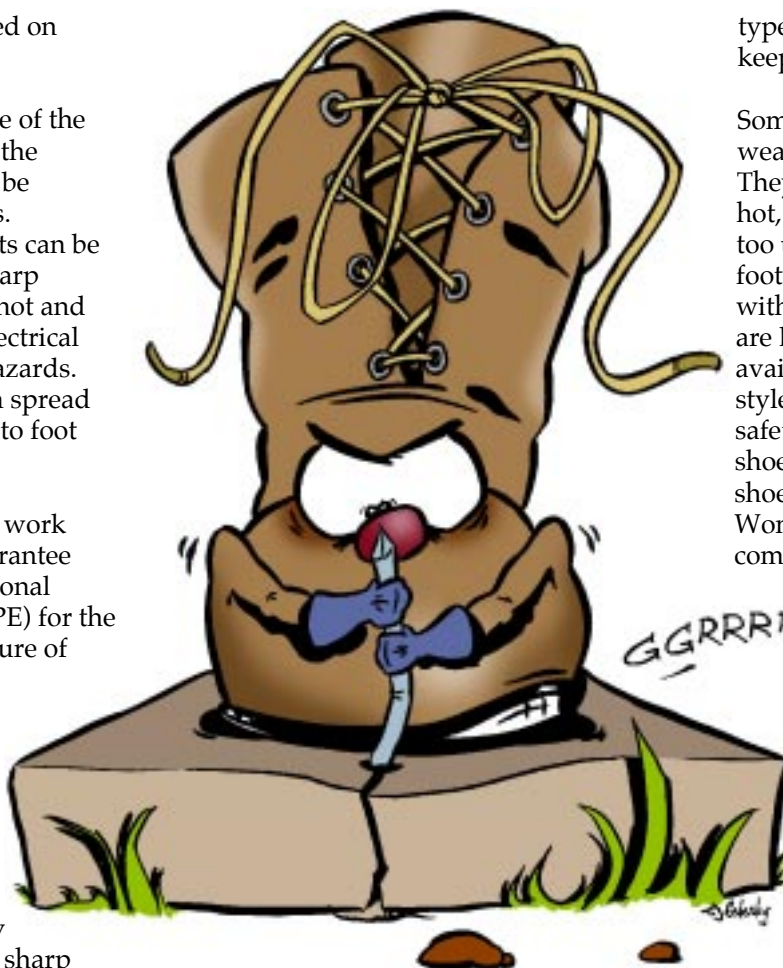
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